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THE FLYER

Vol. 38, Issue 3

Salisbury University's Student Voice

September 21, 2010

SGA offers safety lessons by hosting activities

By Andrew Bell
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Student concern for safety led to the inauguration of Safety Week, a program sponsored by SGA aimed to educate students about issues on-and off-campus.

SGA President Julia Glanz noted that in the past, the SGA has expressed student apprehension about other safety issues, such as the number of blue lights on campus or the operating hours of the shuttle bus. This week, the organization aims to address questions about general safety tips and practices.

Events for Safety Week will be held through Saturday, Sept. 25 and began Sept. 20 with speaker Steve Kadian.

From a meet-and-greet with SU police officers to a presentation on campus safety to a night out party, the SGA aims to reach as many students as possible. "We want to provide something for everyone," Glanz said.

This is the first year for Safety Week, but Glanz stated that as long as the student need for safety education persists, the SGA

See SAFETY Pg. 2

Professors rock out after class



Pat Hackley photo

SU professors and PUGSLY band members Mike Moeder, Chrys Egan and Kurt Ludwick don't teach music during the school day, but they bring music to the Salisbury community with bandmates Sandy Fegely and John Egan during a performance on the courthouse lawn in Downtown Salisbury. The band played at Third Friday on Sept. 17. See story, "Professors jam with band at Third Friday," page six.

City's Safe Streets proposal would bring rental changes

By Andrew Bell
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Few dispute the need to combat high crime rates in Salisbury, however the best approach is heavily debated. In early August, Salisbury Mayor Jim Ireton proposed his ideas through a legislative package

called Safe Streets, which consists of seven changes to existing city code.

Salisbury has the second highest per capita crime rate in Maryland, according to the Salisbury Police Department website. So far this year, the Salisbury Police Department has made over 1,500 arrests that have resulted in over 4,300

criminal charges.

The most significant change is amortization, a process by which illegal multifamily rentals would gradually be eliminated. For decades, single family units have been illegally converted into multifamily units.

Amortization is Ireton's chosen method to reverse that

trend. The Safe Streets proposal mandates that all illegal multifamily units be converted back to single family units within ten years.

Ireton cites the rights of tenants as the reason for his proposal. He stated that many illegal multifamily units are dilapidated sources of crime, with some demanding dozens

of police responses annually. He believes converting these homes back into single family units would improve living conditions and reduce crime rates.

"My duty is the people of this city," Ireton said. "My biggest concern is the renters. They have a right to live in a

See STREETS, Pg. 2



Matt Goldman photo

Former Gov. Bob Ehrlich takes a moment to shake hands with senior Jon Thiel in Red Square on Friday after giving a brief talk while the chairman of the SU Republicans, Matt Tefteau, looks on.

Bob Ehrlich promotes campaign on campus

Republican gubernatorial candidate
meets with students

By Amanda Biederman
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After winning the primary election, Bob Ehrlich came to Salisbury University on Sept. 17 to meet students and promote his campaign as the Republican can-

didate for governor.

Ehrlich greeted a group of students in Red Square, taking the time to shake hands and personally thank each of them for coming. After an introduction by SU College Republicans chairman Matt Tefteau, Ehrlich gave a brief speech.

See EHRLICH Pg. 3

Students don't rock the vote in 2010 Wicomico primary

By Jamyla Williams
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Whether it is due to political apathy, lack of awareness, or other barriers, the voter turnout for the 18 to 24 age group did not have much of an impact in Wicomico County.

According to the Unofficial Polling Place Turnout document released by the Maryland State

Board of Elections, out of the 44,687 people eligible to vote in Wicomico County, only 10,611 actually voted. Out of the 10,611, only 283 were voters from the age range of 18 to 24. Although the totals do not account for absentee ballots, provisional votes or early votes, the voter turnout for the primary election was extremely low.

Many theories exist as to why the student population did not

make more of an impact on Election Day.

"Students don't vote because they don't know enough about politics," said Chad Kendrick, 22, who voted in the primary election via absentee ballot. "People say 'I don't know anybody down here so I don't vote.'"

Although concerned more with city politics, Baltimore County na-

See PRIMARY, Pg. 3

Variety of students come together at SU

Students of diverse backgrounds, areas add to freshman class

By Chris Franklin
Staff Writer
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New faces file into the Salisbury University campus every fall semester, but this year they represent one of the most diverse student bodies to be seen at Salisbury. The class of 2014 features the one of the largest varieties of students that SU has ever enrolled.

Preliminary enrollment information indicates that the Class of 2014 is made up of 23 percent minority students, compared with 18 percent in the Class of 2013.

Among the new students are twenty two countries of origin, up

from twenty last year, and twenty states, up from the sixteen of last year. This means that students from Arizona to Rhode Island and even

SU Class of 2014
23 percent are minority students
22 countries
20 states

from Albania to Zambia are now happy to call Salisbury their home.

According to Jane Dane, dean of enrollment management at the Admissions House, SU has been "doing more and more to attract

and engage with students of different ethnic backgrounds" so that students with different cultural backgrounds can "enrich the academic environment as they bring different experiences and share views in the classroom."

Communication Arts professor and advisor of the Asian and Pacific Islander Club Bryan Horikami further elaborated on the topic.

"Having diversity allows for a wide range of experiences to be shared amongst peers," Horikami said. "Rather than the professor having to provide examples . . . students who are from those cultural groups can share their knowledge

See DIVERSITY Pg. 2

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Briefly Stated

Tuesday, Sept. 21
Good Morning Commuters!
Meet other commuters, have a cup of coffee, grab a pastry, relax and get ready for the day at Cool Beans from 8:30 a.m. to 9:30 a.m. Pick up one a free travel mug or bring one.

Tuesday, Sept. 21
Career Services Workshop:
Choosing a Major or a Minor
Advising coordinators from the SU schools will be available to answer questions and review programs. Some assessments, actions and activities will be presented to help clarify wants and desires from a career. The workshop is Tuesday, Sept. 21 from 3:30 p.m. to 4:30 p.m. in the Career Services office, GUC 133.

Tuesday, Sept. 21
Study Smarter, Not Harder
The Center for Student Achievement will host a study strategy workshop on Tuesday, Sept. 21 from noon to 1 p.m. in the CSA, located in GUC 213.

Thursday, Sept. 23
Mock Interviews
Target will be on campus to conduct mock interviews and review resumes at the Career Center. Students must register on eRecruiting as space is limited. Go to: <http://salisburyexperience.com/cr/security/login.jsp>

Friday, Sept. 24-Sunday, Sept. 26
Family Weekend
SU will host a variety of events for Family Weekend Friday, Sept. 24 through Sunday, Sept. 26. Events are free unless otherwise noted on the site. For events or information, visit the Family Weekend website at www.salisbury.edu/familyweekend/ or call 410-543-6080.

Saturday, Sept. 25
Peace in the Park
This 2nd annual Peace Day celebration will be held at Salisbury City Park near Ben's Red Swings on Saturday, Sept. 25 from 11 a.m.-3 p.m. There will be live music, children's activities, a drumming circle and peace walk. Call 410-742-4982 for information or to participate.

Ongoing Mondays - Oct. 11
Sunset Yoga
Yoga returns to SU this fall as the Office of Cultural Affairs presents the "Balancing Your Energy with Sunset Yoga." Led by Dr. Madhuri Mitta of the University of Maryland Eastern Shore Department of Natural Sciences, sessions are 5 p.m. on the Holloway Hall Lawn. The rain location is Caruthers Hall Auditorium. Loose clothing is required. Participants should bring their own towels or yoga mats. Admission is free; the public is invited. For information call 410-543-6271.

Ongoing - Friday, Oct. 22
Faces of the Eastern Shore exhibit
See some of the faces that exemplify the character of the people of Delmarva, showing their spirit, way of life and legacy at the Nabb Center Gallery. Hours are Monday, Wednesday, Friday, 1 to 4 p.m. Admission is free and the public is invited. For information call 410-543-6312.

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RETRACTION

News from the first SGA forum, Sept. 14

The smoking fine is \$75; not \$50. The RSO process has not changed for getting or staying recognized. Unisex Week was put on by SOAP; this event was unrelated to SGA.

The Flyer regrets these errors.

Streets

Continued from Pg. 1

house that is legal and safe." Not all Salisbury residents, however, are supportive of Ireton's proposals. T.J. Maloney, a local landlord, said he supports none of them. He is concerned Safe Streets will reduce the number of affordable rental properties.

"This is a question of supply and demand," Maloney said. "A shortage in houses will lead to increased rent." On Sept. 15, the City Council hosted a public meeting to hear constituent concerns about the Safe Streets proposal. Residents crowded the city chambers downtown, which were so packed some were forced to watch the proceedings through the hall doors.

During the course of the three hour meeting, tenants and property owners expressed to the council both heavy support and heavy opposition. The meeting grew heated at times, particularly in its first hour. But city policies aside, this issue is one that will affect tenants most, many of whom are college students.

Alex Adams is a student who lives off campus and fears she may be affected by the proposal.

"Whatever the proposal's intent, its effect is the same: it will cause higher rents," Adams said.

Adams said she feels the package is discriminatory toward students, a primary demographic that rents moder-



Pat Hackley photo

Mayor Jim Ireton talks to City Administrator John Pick during the meeting regarding proposed Safe Streets legislation.

ately priced housing. "If the council passes this legislation, students will be screwed," she said.

Nicole Hovencamp, also an off-campus student, disagrees. Last year, Hovencamp said the home she rented was broken into four times. Hovencamp said her roommate was mugged outside the home, which caused her to refuse to return to SU. That is a decision Hovencamp said she considered herself.

"I thought I was moving into a safe neighborhood," she said. "I was mistaken."

Hovencamp identifies crime as the reason she supports the Safe Streets proposal.

"This issue can't be swept under the rug any longer," Hovencamp said.

The African Student Association, the Untouchables and WXSU, said she came to SU for the Perdue School of Business and to expose herself to a wider variety of culture. She also mentioned that she has friends who attend nearby UMES, a historically black institution.

St. Sulme mentioned the cultural events held on campus at SU, bringing up the Kenge Kenge concert. More than just African students came to hear the performance, she said.

She also mentioned noticing biracial people in the surrounding community. "I feel like it's a really small area, but the University tries to get diversity," St. Sulme said.

She did note that one concern for minority students is Greek Life.

Dane said it is one of SU's goals to "continue to grow a more diverse student population that reflects the

"Something needs to be done now."

Councilwoman Terry Cohen feels Wednesday's meeting was a step toward finding balance between Adams' and Hovencamp's respective concerns.

"We had a good dialogue," she said. "We had a conversation in a calm and civil manner. Wednesday's meeting was step one. The more students and the council can partner in the coming months, the more we can ensure students are kept safe."

The City Council is considering the legislative package but a timeline and work session have not been set.

Cohen invites students to contact the council with questions and concerns. Contact information and the full text of the proposals are available at www.ci.salisbury.md.us

Crime Beat

9/13/10

12 p.m. to 3:05 p.m.

Malicious Destruction of Property
A professor reported damage to the second floor bathroom stall in Devilbiss Hall. An unknown individual had drawn obscene pictures and posted comments on the stall of racial and sexual nature.

9/12/10

4:43 a.m.

Alcohol Related Illness
University Police were called to Severn Hall for an ill student suffering from alcohol intoxication. An ambulance responded and transported the student to the hospital.

9/12/10

2:52 a.m.

Alcohol Violation / Alcohol Induced Illness
University Police were called to Nanticoke Hall in reference to a student who was ill from the over-consumption of alcoholic beverages. An ambulance responded and transported the student to the hospital. A copy of the officer's report will be forwarded to the Office of Student Affairs for review.

9/11/10

11:45 p.m.

Alcohol Violation
University Police were called to St. Martin Hall to assist a Resident Assistant with alcohol violations. A copy of the officer's report will be forwarded to the Office of Student Affairs.

9/11/10

1:30 a.m.

Alcohol Violation
University Police were called to Severn Hall for the odor of burning marijuana. While investigating the call, an officer discovered two students, under the age of 21 years, in possession of alcoholic beverages. A copy of the officer's report will be forwarded to the Office of Student Affairs.

"I want to see students, on their own accord, want to study abroad or undertake opportunities to volunteer at organizations that serve a cultural group that is vastly different from their own," Horikami said.

"I want to see students take language courses to prepare themselves for a global workplace. I also want to see students take courses in ethnic literature, culture, and history."

"I feel like it's a really small area, but the University tries to get diversity," St. Sulme said.

She did note that one concern for minority students is Greek Life.

Dane said it is one of SU's goals to "continue to grow a more diverse student population that reflects the

Career Services offers Job and Internship Fair

Submitted by Courtney Dennis

Students will have the opportunity to speak with various employers about potential jobs and internships at Career Services' fall 2010 Job and Internship Fair.

It will be held Wednesday, Sept. 29 from noon to 4 p.m. in the Wicomico Room of the GUC. About 50 employers will be attending the fair including Perdue Farms Inc., Target, US Secret Service, State of Delaware and many more. All majors are welcome; however a few employers are looking for specific majors and degrees.

Before deciding to attend the fair, students should be prepared to market themselves. Students are advised to check and make sure that resumes are up to date and that there are plenty of copies to hand out. They should also pick an appropriate outfit to wear. Also it is wise to read the list of employers, which can be found at <http://www.salisbury.edu/CareerServices/Students/JobFair/JobFairIndex.html>.

As seniors get closer and closer to their graduation date they find themselves asking one question, "What happens now?" The fall 2010 Job and Internship Fair may be a place to help answer that question.

Ehrlich

Continued from Pg. 1

When asked what he hoped to accomplish as governor if elected, Ehrlich stated that his first priority would be to improve the economy.

"[I plan] to hit a home run on economic development and to at least begin to repair the businesses and entrepreneurship," he said.

Ehrlich drafted "Road Map to 2020: A Ten Year Vision for Maryland" to improve quality of life in Maryland, highlighting "abundant jobs, schools that work, and a government that is lean, effective, and honest with the taxpayer," according to his website.

Ehrlich has had a history with SU since 1975 when he spent two weeks there for a summer program. Ehrlich commended the students for their achievements, noting Salisbury's high academic reputation. He encouraged the students to become informed and involved in their government.

"Believe it or not, I was an underdog student once," he said. "I once stood where you are today. Get involved in the races. Get involved in politics... and I suspect you will find that you like it and possibly even pursue politics... in your future."

Ehrlich encouraged the students to never give up their dreams.

"I thought my career was over in 2006," he said. "But never let doors close. You have to follow your heart with regard to what you want to do. Many of you are following your heart in this campaign and we appreciate it."

Many students seemed impressed by Ehrlich's speech. "I am definitely voting for him," said sophomore Jessica Cardarelli. "He's just trying to let people know he's out there. He had a lot of good points I really agreed with."

Freshman Rizia Sultana said that she does not affiliate herself with the Republican Party, but was nevertheless very impressed by Ehrlich.

"It was good," Sultana said. "I'm not really into politics... but I'm definitely interested in learning more about it."

When asked if she will vote for him, Sultana said that she likely would.

Ehrlich's approach involved and informed students directly by visiting the campus. "He's the only [gubernatorial] candidate who actually came to Salisbury," Sultana said. "People have to put themselves out there and talk to us."

Scott Moore, president of SU Dems said in an e-mail while the organization does not have plans to host Governor O'Malley, SU Dems will bring County Executive Rick Pollitt to campus on Saturday, Oct. 9.

He said it is likely SU Dems will host other local politicians and added that the organization has talked about doing a rally before the general election.

SOAP plays matchmaker with Speed Dating



Matt Goldman photo

Students went on a series of mini-dates during Speed Dating, an event held by SOAP as part of Unisex Week on Sept. 16 in the Wicomico Room of the GUC.

Comic books go local

Area comic book creators to release issue in Salisbury

Submitted by James Dufendach, PLB Comics

Local independent comic book creators and publishers, PLB Comics, will release their latest issue, "The Fall: Vengeance and Justice," on Sept. 26 between 1 and 4 p.m. at Illusions Games and Comics in Salisbury. This event will feature PLB's writers and artists speaking with fans, autographing comics and giving attendees the chance to receive free personalized sketches.

PLB will also be unveiling an exclusive cover variant of "The Fall: Vengeance and Justice" featuring their popular character The Fall crouched atop Salisbury's own Illusions Games and Comics.

"This free and open to the public event is part of a burgeoning independent arts and culture scene springing up on Delmarva's Eastern Shore."

Primary

Continued from Pg. 1

tive Leslie Roane, 19, cast her vote in Wicomico County.

"I was probably the only student there," she said of her polling location, Asbury Church, across the street from the main campus.

Even if a student has done their homework about a candidate they can still face barriers voting. After being told she had registered for an absentee ballot too late, Roane managed to cut through the red tape and cast her vote on Tuesday.

While some students avoid politics, others take great pride in exercising their civic duties and encourage their fellow students to do so.

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ating their own comics. The two decided to focus their passion for comics toward the goal of producing comic books that met their discerning standards. PLB Comics was born, but it was about to grow from just the two brothers to a well-rounded and complementary creative team.

After high school the two attended the University of Maryland Eastern Shore, and while there they met Karlton Hargrove, another devoted comic fan and top-notch creator. The team now complete, PLB comics were ready to take off, and several issues later it shows no sign of slowing down.

With over a 1,000 issues sold, and a fervent local following, PLB Comics is quickly becoming something the Eastern Shore can be proud of as not many areas can boast a successful comic book publisher.

"We need to become a stronger voting block so issues such as tuition hikes and fees on certain services that affect us will not be raised," said Matthew Teffau, chairman of SU College Republicans.

Scott Moore, president of SU Dems, said he noticed low turnout for college students. "I think it is simply because people have grown worried about the current state of the nation, however the fact is that if someone wants to change things they need to stand up and be politically involved," Moore said in an e-mail. "As president of the SU Dems, I have endeavored to work on lowering voter apathy on the Salisbury University campus and

shall [continue] to do so as long as I can."

Even for the students who don't know the first thing about voting or political issues, help is available on campus. The SU College Republicans provide registration and absentee ballot forms and the Institute for Public Affairs and Civic Engagement makes it their mission to inform and promote student civic involvement.

"The health of the democracy is dependent on people getting involved, especially young people," said Dr. Adam Hoffman, the Director of PACE. "Establish habits when you're young, criticizing, analyzing government, figuring out what you think the best solutions are and voting accordingly."

Physician Shadowing provides look into real world

By Joe Michalski
Staff Writer
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Finding the connections for employment before graduating from college is not always an easy task, especially for those in the medical field. However, a new program started by Dr. Joseph Kim, a 1998 Salisbury University alumnus, has made the process a little easier.

SU's Health Professions Advisory Program's physician shadowing program allows students in the medical field to shadow Kim at his own family practice in Laurel, Del. or physicians working at the Nanticoke Memorial Hospital.

Students who participate in this program gain advantages and connections that will help them succeed in their future careers. Students are more exposed to medical work because they are able to shadow physicians and medical staff for several days, whereas some physicians only allow students to shadow them for a few hours. Another advantage is that in addition to recommendations from professors, students may receive prestigious recommendations from physicians.

Dr. Diane Davis, director of HPAP, said that while the experience is not for credit, all medical schools require an indication that the student has had exposure to healthcare and has an understanding of what a future medical career will entail.

Shadowing, as well as a good GPA, proves to graduate schools that students are committed to entering the medical field.

Davis said the program only accepts students who are serious candidates for medical school after graduation.

The program also relieves the stress of finding a physician to shadow, she said.

"Some physicians are not willing to allow students to shadow them because of patient confidentiality," Davis said.

Due to this issue, students sometimes feel nervous asking a physician if they can shadow with him or her. However, students do not need to worry about being rejected because the physicians in this program are already willing to work with them.

Davis said each student's schedules have been adapted to the student and semester of the experience.

Chemistry major Matthew Copeland is currently one of the students shadowing Dr. Kim. Copeland said he has gained a better understanding of medical terminology through Dr. Kim's mentorship. "Dr. Kim talks to the patient first and then he explains to me what he is saying," Copeland said.

The physician shadowing program has already begun to help Copeland and other students looking toward medical school gain the experience needed to successfully move forward.

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Overheard: How do you like SU being smoke-free, and should it go dry?

Photos and article by Kelly Mundle and Adrienne Price

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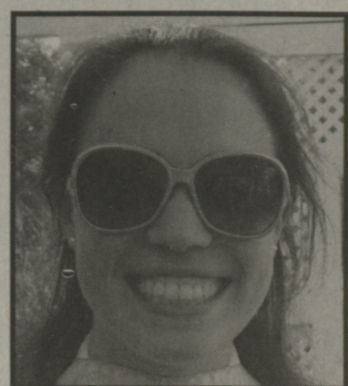
"I love it because I don't like the smell. A dry campus? I haven't really thought about it."

-Jillian Berry, freshman



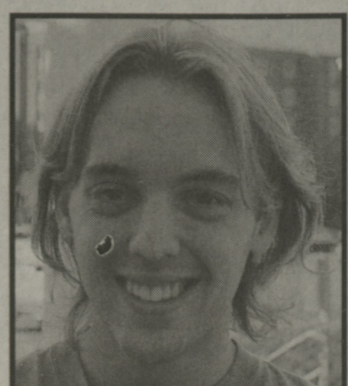
"Smoke-free is good because smoking is bad for you and it smells bad. I think if SU was dry, it would be good but it will be difficult to enforce."

-David Eberius, freshman



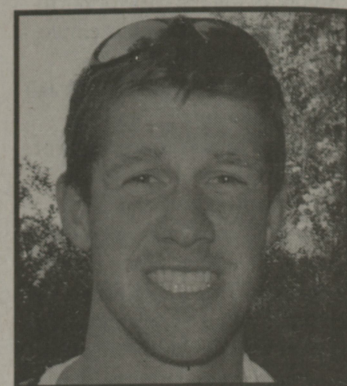
"I think it's better because there are no cigarette butts and it's cleaner. If SU was dry, it wouldn't really matter to me because I don't drink on campus."

-Stephanie Timon, sophomore



"I like it better now that it is smoke-free and if the campus was dry it wouldn't really matter to me because I don't drink on campus."

-Michael Woods, sophomore



"I like it because there are fewer butts. I don't drink so it wouldn't matter to me if the campus was dry."

-Trevor Keen, junior

The Flyer

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Try our new text line! Text comments, questions or story tips to 646-535-NEWS (6397).

Parking can be a nightmare at SU

By Jalissa Worthy

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Salisbury University has a large commuter student population. Whether traveling an hour or 15 minutes, transportation introduces additional worries to the everyday campus experience. A commuter's worst nightmare is... you guessed it, parking!

Every morning, many students hop out of their beds heading to campus for classes. There's no time to check the weather or feed the dog because arriving late means forfeiting the battle of finding a place to park. Students gear up

with anticipation to get a good spot, but that's only if they are fortunate enough to have a parking pass!

Brittney Marsh, a commuting student, knows all too well the parking woes at SU.

"There just aren't enough passes to go around," Marsh said. For those unfamiliar with the procedure of receiving a pass, the process is based on class ranking.

There is a credit interval set in place. Basically, students may register for a pass on the date that their credits earned fall into their respective interval. Students with more credits receive first priority of passes and choice of parking lots.

The price of on campus parking raises a concern for some students.

"Parking on campus, or even in the garage is expensive. We have to pay for books, and we've already paid tuition. Parking should be free," said student commuter Olivia Jones.

In previous years, students were able to park on campus in the evening without fear of getting a ticket. Since fall 2008, parking permits are required to park from 5:15 p.m. until 7:45 a.m.

After studying that late at night, going back to the car on a side street is certainly not safe.

Of course parking regulations are important for sustaining organi-

zation and accommodating both students and visitors. However, as SU continues to grow, parking seems like it will become more of an inconvenience.

Is it fair that tuition paying students are denied parking because of class rank or availability? Or should the university work harder to ensure parking for more of its students?

At 8 a.m. on any given morning, it won't be hard to find a student grumbling and complaining about the war in the parking lot.

Pleading students ask in hopes of dodging a ticket in the windshield, "May I have permission to park, please?"

Suggestions for a stress-free semester

By Chelsea Bope

Staff Writer
Cb31162@gulls.salisbury.edu

Undoubtedly, every one of us has experienced stress before. Sometimes that stress becomes too much—especially when dealing with school commitments. Tests, pop quizzes, and copious amounts of reading obviously don't help those stress levels, but there are many other things that cause SU students to pull their hair out.

Family issues, relationships, financial problems, time management with work, and having a social life inevitably exacerbate the typical student's stress. Balancing all of these

components can obviously become confusing and frustrating.

Of course there are other issues students face. But according to Kathleen Scott, an employee of the Student Counseling Center, they are the main issues.

We're well aware of the stress associated with such issues. The trick is finding a way to alleviate it. We have to do two things. First, accept that getting can help can be beneficial. Next, realize that you shouldn't be afraid to ask for help.

Depending on which type of stress you want to relieve, the Student Counseling Center can give you guidance. In addition to help from on-campus services, you can also benefit

from talking with friends, family and even professors.

Scott also had some insightful suggestions for ridding unwanted stress before it starts. Scott recommends simple things like learning your interests and pursuing them. Counseling and coping strategies along with regular exercise all fit the bill too. Creating time for yourself is also a good idea.

I'm not advising that you run into the Counseling Center every time you have a test or problem. But definitely get out for some fresh air with a light to moderate run. Light to moderate exercise often leaves you feeling relieved, so a run will only help the typical student's test anxiety.

You can also help minimize future

stress by not procrastinating with a task. It sounds like common sense, but procrastination is a recipe for early hair loss and finger-nail biting.

Do the most undesirable assignments before the easy ones. Be relatively organized, and write down the due dates, times, and details of your assignments.

Finally, make sure you sleep well. A restored mood and healthy emotions come from that snoozing time. And there's nothing wrong with catching up on missed sleep if you have a good reason for it.

Although easier said than done, a valid effort towards any stress-reducing technique will almost guarantee you a smoother semester.

Ms. Advice

A friendly reminder to spend wisely

Although I have foolishly experienced credit card debt on top of my student loans, I decided this semester that I would be a good girl. It's motivation that drives me, but something else is even more important.

Those of us who struggle with spending money wisely need to learn the art of self control. Don't be discouraged, because there are ways to cultivate this trait.

The first is to remove temptation altogether. Don't place yourself in situations that you can't handle. For example, if a friend asks you to go shopping, don't tell yourself that you can just watch. Inevitably you will find something that grabs your attention. Five bucks here and there add up quickly, and that money could have been used for food or gas.

Next, tell a trustworthy friend that you are watching your budget. He or she can help keep you on track. For example, let them hold on to any money you'd be tempted to spend. If such a trustworthy friend doesn't exist, send the excess money home to your parents. Your parents will be more than happy to guard your hard earned money.

When temptation inevitably falls into your path, ask yourself what Rebecca Bloomwood learns in Confessions of a Shopaholic. "Do I really need this?" If

the answer is no, walk away. Setting up an actual budget is wise as well. I've been advised about saving 10 percent of a paycheck and then making a list of any bill. As long as you stick to your budget each month, you can still have a fun and safe college experience.

There are many benefits of spending wisely. You will have more money overall. You won't be beating yourself up each week or month because you'll have the money for necessities like food, gas and loans for after school. Cheaper entertainment options like renting movies become more appealing than those expensive theater ones too.

Look to Redbox and Netflix for your movie fun. The University also offers lots of free student activities, which are usually planned in advance for your convenience. Go to those events with a group of friends instead of going out.

Just because you have to be careful with your money doesn't mean you can't have a good time. Learning to budget your money now will only help you in the real world. Just remember that practice makes perfect. Spend wisely, and turn the practice of self control into a habit!

-The Girl Next Door, A.K.A. Ms. Advice

~SUDOKU~

THIS WEEK'S PUZZLE:

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | | 4 | 5 | | | | |
| 2 | | | | 6 | 7 | | |
| | | 7 | 4 | | | 3 | 6 |
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| | | 1 | 2 | | | 9 | |
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| | | 3 | 8 | | | | 9 |
| | | | | 3 | 8 | | |

LAST WEEK'S ANSWER:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 5 | 9 | 6 | 4 | 8 | 3 | 2 | 7 |
| 8 | 2 | 7 | 5 | 1 | 3 | 9 | 4 | 6 |
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| 6 | 4 | 1 | 3 | 2 | 5 | 7 | 8 | 9 |
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Got a question for Ms. Advice? Put your anonymous questions in the large envelope tacked to The Flyer bulletin board outside of The Flyer office, GUC 215.

Fast food: Convenience comes at a cost

By Ajia Allen

Staff Writer
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Moving into SU, with tuition, books, dorm room materials and more, ends up costing a very large amount of money.

Such expenses aren't the only thing burning a hole through our pockets, though.

School spirit, common stresses, circumstances, and ideas link us together. Then there's food. Everyone's gotta eat, right?

While most college students face tight budgets, this doesn't seem to stop them from eating fast food often.

However, colleges don't exactly make fast food hard to get. Route

13 is filled with a plethora of fast food options. The positive part about this is that most SU students are extremely busy with stacks of homework, reading material and extracurricular activities. So a convenient burger and fries from McDonald's or chicken burrito from Chipotle are often appetizing to on-the-go students.

Though this may be true and fit the college experience, the negatives are still obvious and outweigh the positives. Health risks arise with the consumption of fast food every minute daily. SU does what it can with informative sessions and offers suggestions to healthy alternatives. But voluntary meetings can only go so far.

In general, the greatest impact that worries college students most is the cost. While most of us have that one favorite meal that seems to call our names on a hungry late night, fast food does not come cheap over time. As college students, the majority of us have limited funds and few healthy options.

Now that we have realized how much of our money is going to fast food corporations, an honest effort must be made to choose an alternative. Not only will this save some money, but students will lead healthier lifestyles too—at least for the remainder of the semester anyway.

CHECK OUT OUR BLOG

<http://www.sufflyerblog.blogspot.com>

Add us as a friend on FACEBOOK

Taking a healthy step forward,

SU officially became a smoke-free campus on August 22, 2010.

The University appreciates the commitment that students,

faculty and staff have made to not smoking on campus.

Thank you for fostering wellness and a safe environment for all.

Breathe Easy

Smoke-Free Campus

Safety Guidelines

SU is committed to providing a learning and working environment that protects the health, safety and well being of the entire campus community, including smokers and non-smokers. Please be aware of the following safety guidelines:

- Use caution when standing on sidewalks, particularly near crosswalks.
- Do not stand in the road.
- Do not sit on street curbs or extend legs into the street.
- Watch out for vehicular traffic, especially at night.

Remember Civility

When smoking in areas around the campus perimeter, please be considerate of health-conscious individuals who wish to avoid secondhand smoke, especially those who are exercising.

The smoke-free policy is intended to reduce the health risks related to smoking and secondhand smoke for the campus community. Research shows that there is NO risk-free level of exposure to secondhand smoke. Smoke contains toxic and carcinogenic chemicals that cause thousands of deaths from lung cancer and heart disease each year.

Residence Hall Policies

- All residence halls are smoke-free, including common areas.
- Policy violations will be reviewed and sanctions may be imposed based on outcomes of judicial hearings.

Smoking Violations

- Students, faculty and staff who violate the Smoke-Free Campus Policy are subject to disciplinary action from the University.
- Citations will be issued starting Wednesday, September 22.
- Fines are \$75 per violation.
- Initial fines may be waived if violators enroll in a smoking cessation program within 15 days and complete the program.
- Violations will be reviewed by the Students Affairs and Human Resources offices.

For more information, visit the Smoke-Free Campus Web site at www.salisbury.edu/smokefree

Salisbury
UNIVERSITY

Professors jam during Third Friday gig

Local band PUGSLY performs at Downtown arts event

By Melanie McAuley
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salisbury.edu

Downtown Salisbury was filled with talent from every corner of the surrounding community during Third Friday on Sept. 17.

During Third Friday, a public event that happens on the third Friday of every month, community members, students and faculty gather for a night of hand-made crafts, artwork, homemade food and music of all genres.

Among the entertainment for the night was the talented local band

PUGSLY. The band consists of five members, three of which are SU faculty.

PUGSLY was founded in 2002 by Chrys Egan, a communication arts professor, and her husband John Egan, a former SU professor.

Through the years the band has acquired the talents of other bandmates Kurt Ludwick and Mike Moeder, who are also professors at SU.

Moeder is also from the communication arts department, and Ludwick is part of SU's math and computer science faculty.

Recently they completed the band with drummer Sandy Fegely, and the band members have stayed solid since then.

"PUGSLY invited me to play with them three years ago," Moeder said. "I play the rhythm guitar and it allows me to play out my fantasies as a rock star. It is a lot of fun and a great way to just unwind and relax."

The band played a variety of covers and original songs. Audiences of all ages stopped and relaxed to the soulful oldies hits the band performed.

A crowd favorite was PUGSLY's cover of

"Big Yellow Taxi," made famous by Joni Mitchell. "I didn't realize all this was down here," said Sandy Jones, a 1978 alumna of SU. "I came because my husband has the classic car for show, but I really enjoyed the food, activities, and the music. It was good to reminisce in the oldies, especially the [Rolling] Stones."

This past Friday was not the first time Pugsly took part in the Third Friday celebration.

The band performed at August's event and had a fairly large crowd to accompany them. "I really enjoyed

PUGSLY," said freshman Josie Lozano. "They had a nice sound and I wouldn't mind seeing them again," she said.

PUGSLY will be playing Saturday, Sept. 25 at the "Peace in the Park" festival at Salisbury City Park.

According to the band's website, www.pugsly.org, they'll also be performing at Snow Hill's First Friday on Friday, Oct. 1 from 5:30 to 8:30 p.m.

The band will also share their talent at SU on Saturday, Oct. 16 at The Commons from 5 to 8 p.m., for homecoming week.

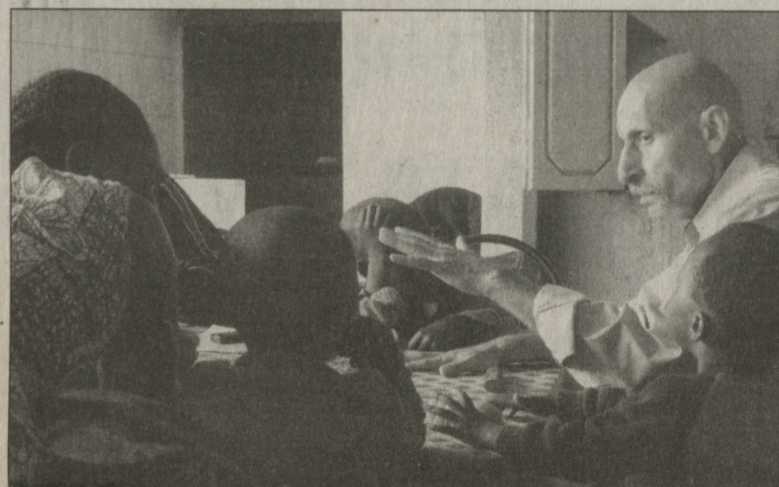


Pat Hackley photo

Third Friday, held in Downtown Salisbury, is the community's chance to showcase all types of art.

Kenya is recent stop on research journey for Leoutsakas

Communication Arts professor adds to research of displaced children during summer



Submitted photo

Dr. Dennis Leoutsakas of the communication arts department speaks with displaced children and their nanny while in Kenya.

By Erin Traylor
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Child neglect and abandonment is a pandemic, said Communication Arts professor Dr. Dennis Leoutsakas.

"The solution is to treat the abandoned child like your own son or daughter," he said.

Before the semester began, Leoutsakas spent five weeks in

Kenya researching displaced children, including orphaned or otherwise abandoned children. "It was three-fold in purpose," he said, concerning the trip. In Kenya, Leoutsakas gathered research at all types of orphanages, including predominantly Christian and Muslim based orphanages, orphanages for infants and orphanages for adolescents with HIV or AIDS.

"I looked for the causes of displacement, I looked for the care that displaced children get and I looked for the way that displaced children integrate back into society as young adults and adults," he said.

Leoutsakas said he hopes his research will bring to focus the insufficient care many displaced children grow up with.

"The displaced child is probably the most vulnerable group of humans," he said. "They're subject to human abuse, they're subject to neglect, they're subject to trafficking and they're subject to exploitation especially in drug markets or sexuality markets."

In impoverished countries, displaced children may be used as soldiers in war, or beggars who are maimed to attract sympathy. "They might be blinded so they become a better beggar, [or] have an arm or a leg cut off so that they become a better beggar," he said.

As far as interviews are concerned, however, they are only conducted with adults. According to Leoutsakas, adults are more capable of giving unbiased accounts of their childhoods than children.

Many commonalities were found between the displaced subjects of his work, one being that most displaced children carry on with unanswered questions pertaining to their families and historical identity.

Leoutsakas began his research in 1987 in the United States, followed by five years in Ecuador where he began sponsoring a displaced adolescent.

He also supports several orphanages.

"I see so many orphanages in the course of my work that I can't support all the orphanages that I want to. So I support each one a little bit, instead of one with a lot of money," he said.

He plans to continue research in Eastern Europe and Asia. "I will hopefully have a presence on five continents by the time this study is fully up and running," he said.



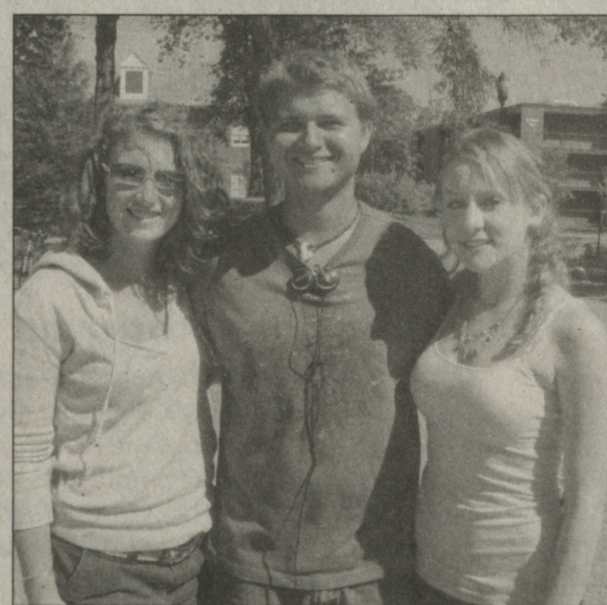
Submitted photo

Leoutsakas takes part in interviewing to learn more about displaced children for his continuing research.

From the Photo Bank: What's Happening On Campus



Matt Goldman photo



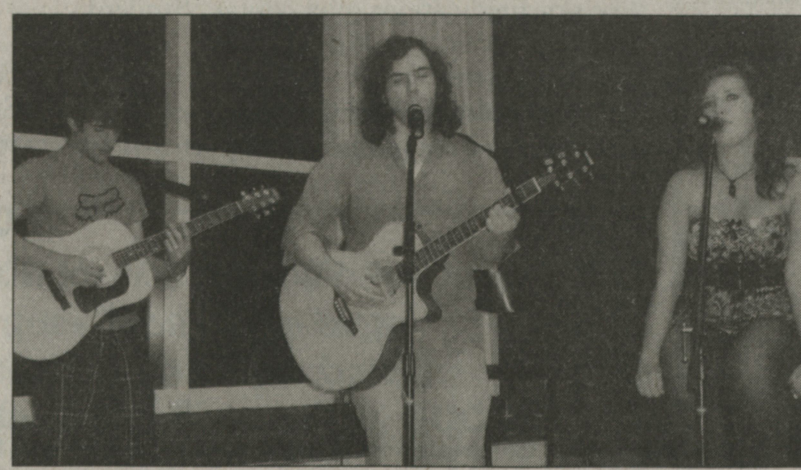
Leslie Davis photo



Erin Corcoran photo



Amanda Biederman photo



David Dragovitz photo

1. Models show off Indian dress during the sari fashion show and demonstration Sept. 16.

2. Maggie Sullivan, Marshall Boyd and Kim Roberts help promote cancer awareness at the Relay for Life table in Red Square during the Safety Week Kick-Off event on Sept. 20.

3. Alpha Sigma Phi answers questions at the "Ladies Night" event Sept. 14, where female students gathered to play games and discuss challenges and questions for Unisex Week.

4. Students stood in line for more than an hour to get henna done by designer Jumana Bootwala after listening to her talk Sept. 17.

5. Tim Lynch, John Tully and Chelsea Hall perform at Open Mic Night Sept. 17 in the Fire-side Lounge as part of SOAPS Unisex Week.



By Eric Buratty
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Whether you're a gym regular or novice, chances are you've probably heard the term "explosive" thrown around before. This term happens to be extremely important regardless of your fitness level. So I want to let you in on a little secret, and tell you why.

What does it mean to be explosive?

Your body has two types of muscle fibers—Type I and Type II. Type I muscle fibers are slow-twitch dominant while Type II are fast-twitch. Type II fibers allow you to be quick with your bodily movements. As such, being explosive basically refers to your ability to tap into those fast-twitch fibers and produce greater force in a range-of-motion. In other words, being explosive means that your muscles act and react fast during any physical activity.

Every rep counts.

Exercising takes into account both types of muscle fibers depending on the activity. Since cardiovascular activity (biking, running or sprinting, swimming) involves extremely high repetitions, slow-twitch fibers are activated. That's why cardiovascular exercises primarily take on the form of bodyweight-only movements.

On the other hand, strength training activity involves lower repetitions and greater activation of fast-twitch fibers. That's why strength training introduces additional weight into a range-of-motion. In either case, your goal must be to make every rep count. This means to think of every rep as if it were your last. Not enough people apply serious reps to work sets and warm-up sets.

Being explosive helps you reach your fitness goals faster.

I'm going to make this short and sweet. Whether you're training for strength and muscle size or fat loss and definition, you move faster overall if your muscles act and react rapidly. Thus, being explosive allows you to burn more calories and maintain a leaner appearance.

Explosive exercises

As long as you make every rep count, you can technically make any exercise explosive. In reality though, endurance activities (especially long distance cardiovascular) inevitably make muscle fatigue surpass stimulation. Once this occurs, your ability to be explosive diminishes. So the main types of fast-twitch dominant exercises are plyometrics, Olympic lifts,

and general strength training wherein you're forced to move rapidly.

Some examples of plyometric exercises include forward, backward, upward and side-to-side jumps. For Olympic lifts, the two main movements are snatches and clean-and-jerks. Finally, any time you produce a lot of force with squat variations or pulling movements in strength training, you're being explosive.

In sum, being explosive allows you to work harder and become a stronger, better, and leaner individual overall. Now go make every rep count during exercise, and unleash your body's fitness potential!

I'm a certified trainer. So if you have any questions about training or nutrition, feel free to email me at eb55419@gulls.salisbury.edu. For those who are more serious, specify that in your email, and I will be more than happy to consult with you. You may also visit www.unleashyourfitnesspotential.com if you missed a previous article in the paper.

CONTEST

As a reminder, in case you missed my semester contest article last week, send me your goals, any physical limitations/health concerns and preferred days/times you are free. Each week I'm picking one winner to work with.

EPA fellowships awarded to Thorpe, Woodard

By Joe Michalski
Staff Writer
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Junior Environmental Studies majors Emily Thorpe and Jonné Woodard are two of thirty students nationwide to receive the Environmental Protection Agency's 2010 Greater Research Opportunity fellowships.

With the fellowships, Thorpe and Woodard will receive funding for their junior and senior years of undergraduate study and internships at EPA facilities next summer, as stated by a press release on the SU website.

Students must have a "B" average overall to be eligible for this award. Getting involved with the environment at a young age, Thorpe was a Girl Scout and attended many camping trips with her troop. She said she was unsure of pursuing environmental studies until high school when she took an AP Environmental Studies class. She said the class sparked an interest in her, and assured her that environmental studies was the right major for her to choose.

Woodard became more aware of how contamination was damaging

to the environment. As a result, her increased awareness drove her to become an environmental studies major.

Woodard and Thorpe use their knowledge of environmental studies outside of the classroom. Thorpe is the vice president for SU's Outdoor Club, as well as an advisor for the University's green Living-Learning Community residence hall floor.

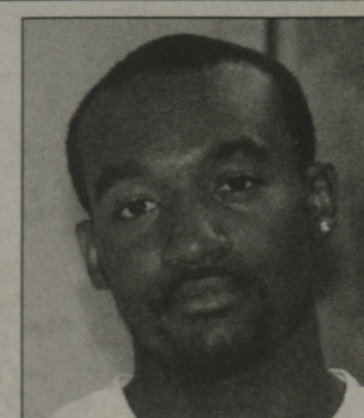
Woodard conducts research on bacteria for Maryland's Department of Health.

Thorpe plans on attending graduate school and possibly becoming a professor. She wants to educate young people about the importance of conservation.

"Education is one of the more important steps to preserving the environment," she said.

Woodard would like to attend graduate school at Johns Hopkins University, where she wants to work towards a Master's degree in Public Health. She said she would like to let people know about the dangers involved with some household products.

"I want people to become more aware of the health problems caused by contaminants on people and animals," she said.



Brian Alexander

WXSU DJ Spotlight

Brian Alexander Show: "The Sound" 6-8 p.m. Mondays

By Sarah Krauss
Staff Writer
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Brian "BJ" Alexander is excited to get back to playing the latest R&B and hip hop music on his live show "The Sound" with the start of a new academic year.

Alexander, better known by his alias BJagger, has been a DJ for the WXSU 96.3 fm station for two years.

His show, "The Sound," which he broadcasts with Dominic Carter, is a mix show meaning that there is more music played than there is talking. Listeners can call in, converse with Alexander on certain topics, and win prizes.

"The Sound" airs to SU students and the Delmarva area, entertaining a crowd of young adults ages 18-34, although he encourages anyone with a love for R&B and hip hop to tune in to his show.

With experience from an internship at the WKYS 93.9 fm DC station for "What's Hot in Hip Hop," Alexander says his favorite part about being a DJ is "being able to hear the response of the people."

Although DJing is Alexander's passion, it is not all about playing the music.

The most difficult part of his

job, he said, is "networking correctly to develop relationships and connections that will build up the show."

Because "The Sound" is broadcast live, everything that is said airs without the opportunity to be edited.

"It was hard at first getting used to it," he said. "It's not like television, where if you make a mistake, it can be edited out."

The pressure is always on, but with his growing experience, the live show is becoming more natural.

He has always had an interest in music, and the WXSU 96.3 fm station provides him with an outlet to share his creative, musical talents.

WXSU is a student-run radio station that has programs from news to latest tunes that air weekly.

Any student can work for the WXSU station, with minimum qualifications depending on specific positions.

For all those aspiring DJs and music professionals out there, BJagger shares this advice: "Speak up, get out, and start now."

96.3 fm



Emily Thorpe



Jonné Woodard

Woodard and Thorpe are committed to making a positive impact on the environment by changing the actions and attitudes of people that negatively affect the environment.

The EPA Fellowship has given them resources they can use to make their goals possible.

Salisbury Book Artists showcase works at SU through Sept. 29

SALISBURY, MD — Who says books have to be book-shaped?

Not the Salisbury Book Artists, a collective that uses non-traditional materials and media to create books of various shapes, sizes and designs. Their works are on display through Sept. 29 in SU's Atrium Gallery in the GUC.

Members of the organization include local artists Lisa Fitts, Martha Graham, Barbara Israel, Bonnie Lavish, Victoria Noonan, Barbara Schultz and Clytie Whitson Taylor.

They see their creations as "green" art, often made from recycled items. Media used include found objects, fabric, ribbons, memorabilia and even old books.

The art form is derived from ancient Mesopotamian clay tablets and papyrus and has seen a revival in the past decade. It is now taught at many universities across the United States, including SU.

Gallery hours are 10 a.m.-4 p.m. Monday-Wednesday. Admission is free and the public is invited. For more information call 410-548-2547 or visit the SU Web site at www.salisbury.edu.

From the Public Relations Office



SPECIALS

Monday, Tuesday, Wednesday & Thursday

College Nights

w/ valid college ID 50 cents off game price

\$1.50 Natural Light Drafts after 9 p.m.

Valid college ID and Driver's License required

FRIDAY & Saturday

Night Glow Bowl

Friday 9:30pm to close; Saturday 7 pm to close

SUNDAY

Color Pin Bowl

Free game with strike on Color Pin

after League Bowling

Call or stop by for open bowling

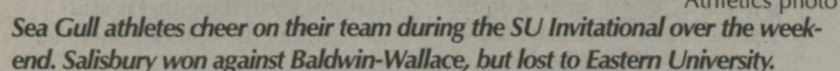
Cherokee Lanes
1524 S. Salisbury Blvd.
(410) 742-3030

Family Weekend—
UNDER The HARVEST MOON Dinner

Friday, Sept. 24
4:30-7:30 p.m.
In The Bistro

Spiced Cider • Rosemary Rib Roast • Cranberry Chicken • Downeast Devil'd Crab • Garlic Mashed Potatoes • Apple-Cranberry-Walnut Stuffing • Cheesy Corn Casserole • Green Bean Casserole • Roasted Squash with Corn & Beans • Pumpkin Bread • Cranberry Loaf • New England Apple Cobbler • Chocolate Pumpkin Cake • Candy Corn Parfaits

410-543-6105 • www.salisbury.edu/dining

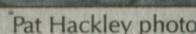


"[The team] loves playing at home," said Stansbury about the SU tournament. "We always have a good crowd that's behind us."

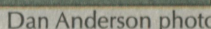
Last year, the Sea Gulls won the CAC conference, and made it to the "Sweet 16" of the NCAA tournament. The girls will head to Frostburg for a trimatch on Saturday, Sept. 25, for a game at 11 a.m. against Frostburg, followed by one at 1 p.m. against Penn State-Behrend.

What is the best thing about

What is something many people probably don't know about the Equestrian Club Sport? "It's the only sport here that men and women can compete in together on equal ground."



Officers and new members of SU's Equestrian Club, which recently became recognized as a club sport, gather for a photo.



Sophomore forward Phil Bucheimer goes up against his Lynchburg College opponent on Saturday, Sept. 18. The Sea Gulls competed in double-overtime with the Hornets. The game ended with a tie score of 0-0.

When asked why Salisbury couldn't put the ball in the back of the net, head coach Gerry DiBartolo attributed it to senior defender Casey Rector with two

In the first half, Salisbury saw several scoring chances, most notably when senior defender Justin Lambert headed a corner kick for junior midfielder Stafford Chipungu to place in the net, yet

The Gulls are looking for their second victory against a CAC opponent.

Helping the program to achieve this magnitude of coverage are the

Information sourced from the following websites: ESPN, ESPN Media Zone, Romow Sports Blog, SFgate.com and www.mmbolding.com/Monday/MNFindex.htm.

Vote on The Flyer's sports poll at:
www.suflyerblog.blogspot.com

| Tuesday - 9/21 | Wednesday - 9/22 | Thursday - 9/23 | Friday - 9/24 | Saturday - 9/25 | Sunday - 9/26 | Monday - 9/27 |
|----------------|--|-----------------|---------------|--|---------------|---------------|
| | Men's soccer vs. Marymount @ 4 p.m. | | | Football vs. Hampden- Sydney @ 1 p.m. | | |
| | Field Hockey vs. Stevenson @ 6 p.m. | | | | | |